

YEAR 7 CORE PE MODULE PLANS 2023/2024

Year 7	Term	Theme	Dates	Mixed	Boys	Girls	GCSE
Winter	1	PE Routines & Basic Locomotion	11/9 - 6/10	Carousel	Carousel	Carousel	Football
			9/10 - 27/10	Rugby	Badminton	Netball	Football
	2	Respect for Kit	06/11 - 24/11	Netball	Rugby	Indoor Athletics	HRF- Gym
			27/11 - 22/12	Badminton	Dance	Unihoc	HRF- Gym
Spring	3	Warm ups & Cool Downs	09/01 - 26/01	Indoor Athletics	Football	Dance	Netball
			29/01 - 09/02	Gymnastics	Indoor Athletics	HRF- Gym	Netball
	4	Muscles and Bones	19/02 - 08/03	HRF- Gym	Gymnastics	Football	Handball
			11/03 - 22/03	Basketball	HRF- Gym	Gymnastics	Handball
Summer	5	Fitness: CVE, Balance, Co-ordination	08/04 - 03/05	Football	Rounders	Rugby	Badminton
			06/05 - 24/05	Cricket	Athletics	Rounders	Badminton
	6	FAIL	03/06 - 28/06	Athletics	Cricket	Badminton	Athletics
			01/07 - 19/07	Rounders	Basketball	Athletics	Athletics

Sports Hall	Field	Astro	Dance Studio	DWFS	DWG
LS Playground	US Playground				

YEAR 8 CORE PE MODULE PLANS 2023/2024

Year 8	Term	Theme	Dates	Boys	Girls	Mixed	GCSE
Winter	1	Leading Safely	11/9 - 6/10	Rugby	Netball	HRF- Gym	Football
			9/10 - 27/10	Badminton	HRF- Gym	Unihoc	Football
	2	Growth Mindset	06/11 - 24/11	Dance	Hockey	Badminton	HRF- Gym
			27/11 - 22/12	Gymnastics	Badminton	Netball	HRF- Gym
Spring	3	Communication & Collaboration	09/01 - 26/01	Football	Indoor Athletics	Touch Rugby	Netball
			29/01 - 09/02	Indoor Athletics	Football	Dance	Netball
	4	Cardio-respiratory system	19/02 - 08/03	HRF- Gym	Gymnastics	Basketball	Handball
			11/03 - 22/03	Basketball	Rugby	Gymnastics	Handball
Summer	5	Fitness: Power, strength, Speed, Flexibility	08/04 - 03/05	Athletics	Athletics	Cricket	Badminton
			06/05 - 24/05	Cricket	Rounders	Rounders	Badminton
	6	Short & long term effects of exercise	03/06 - 28/06	Rounders	Cricket	Tennis	Athletics
			01/07 - 19/07	Softball	Tennis	Athletics	Athletics

Sports Hall	Field	Astro	Dance Studio	DWFS	DWG
LS Playground	US Playground				

YEAR 9 CORE PE MODULE PLANS 2023/2024

Year 9	Term	Theme	Dates	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6												
Winter	1	Positive relationships	11/9 - 6/10	Rugby	Badminton	Dodgeball	Netball	Hockey	HRF- Gym												
			9/10 - 27/10	Gymnastics	Rugby	HRF- Gym	Badminton	Netball	Football												
	2	PMS Health & Wellbeing	06/11 - 24/11	Badminton	Football	Circuit Training	Netball	Football	Couch to 4K												
			27/11 - 22/12	HRF- Gym	Circuit Training	Rugby	Hockey/Football	Badminton	Dodgeball												
Spring	3	Intrinsic & Extrinsic motivation	09/01 - 26/01	Football	Basketball	Couch to 4K	Dance	GCSE PE	Netball												
			29/01 - 09/02	GCSE PE	Football	Gymnastics	GCSE PE	HRF- Gym	Badminton												
	4	PE Pathways for KS4	19/02 - 08/03	Basketball	HRF- Gym	Football	Gymnastics	Couch to 4k	Dance												
			11/03 - 22/03	Football	GCSE PE	Badminton	Football/Hockey	Gymnastics	HRF- Fitness Classes												
Summer	5	Fitness: Aerobic & Anaerobic	08/04 - 03/05	Athletics	Cricket	Rounders	Athletics	Dance	Tennis												
			06/05 - 24/05	Cricket	Athletics	Athletics	Rounders	Tennis	Athletics												
	6	Flourishing in PE	03/06 - 28/06	Softball	Rounders	Cricket	Tennis	Athletics	Rounders												
			01/07 - 19/07	Rounders	Gymnastics	Basketball	HRF- Gym	Rounders	Gymnastics												
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 16.6%;">Sports Hall</td> <td style="width: 16.6%;">Field</td> <td style="width: 16.6%;">Astro</td> <td style="width: 16.6%;">Dance Studio</td> <td style="width: 16.6%;">DWFS</td> <td style="width: 16.6%;">DWG</td> </tr> <tr> <td>LS Playground</td> <td>US Playground</td> <td></td> <td></td> <td></td> <td></td> </tr> </table>										Sports Hall	Field	Astro	Dance Studio	DWFS	DWG	LS Playground	US Playground				
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LS Playground	US Playground																				

YEAR 10 CORE PE MODULE PLANS 2023/2024

Year 10	Term	Concept	Dates	Performance 1	Concept 2	Concept 3	Performance 4	Concept 5	Concept 6
Winter	1	Attitudes and behaviours	11/9 - 6/10	Badminton	Rugby	HRF- Gym	Netball	Hockey	Dodgeball
			9/10 - 27/10	HRF- Gym	Basketball	Rugby	Hockey	HRF- Fitness Classes	Dance
	2	Effective Teams	06/11 - 24/11	Football	Dodgeball/ Fitness Classes	Football	Badminton	Netball	Couch to 5k
			27/11 - 22/12	Rugby	HRF - Gym	Basketball	HRF- Circuits	Dance	Hockey
Spring	3	Self reflection	09/01 - 26/01	Football	Couch to 5k	Table Tennis	Football	Badminton	Netball
			29/01 - 09/02	Rugby	Football	Couch to 5k	Badminton	Couch to 5k	HRF- Gym
	4	fulfilling potential	19/02 - 08/03	Basketball	Football	Dodgeball	Netball	HRF- Gym	HRF- Fitness Classes
			11/03 - 22/03	Badminton	HRF- Circuits	HRF- Circuits	Rugby	Football	HRF- Gym
Summer	5	Sporting Values	08/04 - 03/05	Athletics	Cricket	Rounders	Rounders	Tennis	HRF- Fitness Classes
			06/05 - 24/05	Athletics	Softball	Badminton	Athletics	Rounders	Football
	6	Power of Positivity	03/06 - 28/06	Cricket	Badminton	Athletics	Athletics	HRF- Fitness Classes	Rounders
			01/07 - 19/07	Softball	Athletics	Cricket	HRF- Gym	Athletics	Badminton

Sports Hall	Field	Astro	Dance Studio	DWFS	DWG
LS Playground	US Playground				

YEAR 11 CORE PE MODULE PLANS 2023/2024

Year 11	Term	Concept	Dates	Performance 1	Concept 2	Concept 3	Performance 4	Concept 5	Concept 6
Winter	1	Health & Welbeing	11/9 - 6/10	Badminton	Rugby	Dodgeball	Netball	HRF- Gym	Hockey
			9/10 - 27/10	Badminton	HRF- Gym	Rugby	Netball	Hockey	Dodgeball
	2	Engagement Post 16	06/11 - 24/11	Football	Football	HRF- Fitness Classes	Badminton	Netball	Couch to 5K
			27/11 - 22/12	Rugby	Football	HRF- Gym	Badminton	HRF- Fitness Classes	Football
Spring	3	Remaining Active	09/01 - 26/01	Football	Badminton	Couch to 5K	Hockey	Dance	Netball
			29/01 - 09/02	Rugby	Table Tennis	HRF- Circuits	Football	Badminton	HRF- Gym
	4	Activity & Exams	19/02 - 08/03	Basketball	HRF- Circuits	Football	HRF- Gym	Couch to 5K	HRF- Fitness Classes
			11/03 - 22/03	HRF- Gym	Couch to 5k	Badminton	HRF- Circuits	Football	HRF- Fitness Classes
Summer	5	Activity & Exams	08/04 - 03/05	HRF	Basketball	Cricket	Rounders	Rounders	Badminton
			06/05 - 24/05	Softball	Cricket	Basketball	Rounders	Rounders	Rounders
	6								

Sports Hall	Field	Astro	Dance Studio	DWFS	DWG
LS Playground	US Playground				